



CARDAMOM IN A CLASSIC. Pictured is a loaf of Banana Bread with Cardamom and Jaggery in London. In small amounts, cardamom has delicate floral and eucalyptus notes, which brings out the best in the more traditional ingredients in banana bread and makes for a fragrant treat. (Meera Sodha via AP)

Cardamom lends fragrant twist to banana bread

By Meera Sodha
The Associated Press

Banana bread is a time-tested American classic, perfect for making in advance for picnics, gifts, and for using up ripe bananas. And given its all-American status, it's a perfect way to start (or end) July 4th.

Here's a variation with an Indian twist — cardamom, which often grows next to bananas in Kerala. In small amounts, cardamom has delicate floral and eucalyptus notes, which brings out the best in the more traditional ingredients in banana bread and makes for a fragrant treat.

Like many Indians, I add jaggery for sweetness. It is an unrefined sugar made from the sap of date palms or sugarcane. It has a deep caramel flavor to it, a cross between molasses and fudge that adds a richness and great color to the bread. Jaggery can be found in cakes or cones at Asian food stores or online, but if you can't find it, it can be substituted with Muscovado sugar.

This recipe makes for a moist bread with lots of flavor. The only thing you'll need to remember is to leave a little room for dessert.

Editor's note: Meera Sodha is an Indian foods expert and author of Made in India: Recipes from an Indian Family Kitchen. She lives in London.

Banana Bread with Cardamom and Jaggery
Start to finish: 1 hour 20 minutes (20 minutes active time)
Servings: 10

1 stick butter, unsalted
1 cup jaggery, grated (or substitute Muscovado sugar)
2 cups white flour
2 teaspoons baking powder
2 teaspoons ground cardamom
A pinch of salt
2 tablespoons milk
2 large eggs
1 cup mashed ripe bananas, plus 1 banana for decoration

The best bananas to use are ripe bananas that have black speckles on them and are soft to the touch. They'll be sweeter and more flavorful. This banana bread can be eaten as is, or served with butter, yogurt, or whipped cream.

Butter a loaf tin (approximately 9" x 5"). Preheat the oven to 350° Fahrenheit.

Put the butter and grated jaggery into a pan and melt over a very low heat. Stir until well mixed with the consistency of melted chocolate, then remove from the heat and leave to one side to cool.

Sift together the flour, baking powder, cardamom, and salt and leave to one side.

In another bowl, add the mashed banana and milk, and whisk in the eggs one by one. Add the jaggery-and-butter mixture. Whisk again until properly mixed.

Gently fold the wet ingredients into the flour mixture until mixed together then pour the batter into the tin. To decorate, slice the remaining banana lengthways into 1/4 inch slices and place over the top of the batter. Bake for 45 minutes to an hour, or until a skewer comes out clean. Cool before slicing.

Nutrition information per serving: 310 calories (92 calories from fat); 10 g fat (6 g saturated; 0 g trans fats); 68 mg cholesterol; 165 mg sodium; 53 g carbohydrate; 2 g fiber; 29 g sugar; 4 g protein.

Nahomi "Naho" Kawasumi returns to the NWSL

Japanese international forward Nahomi "Naho" Kawasumi has returned to the National Women's Soccer League (NWSL). Kawasumi is again playing for the Seattle Reign FC after spending the 2015 and part of the 2016 seasons playing for INAC Kobe Leonessa, who loaned her to Seattle in 2014.

"I'm back to Seattle again, and I'm so happy to join Seattle Reign FC," said Naho. "I will do my best for the team."

During her initial run with Seattle in 2014, she played a major role in the club's transformation. In 2013, Seattle managed only 18 points (5-14-3) while finishing second from the bottom of the table.

In 2014, the squad tripled its point total from the prior season (54) and took home the NWSL Shield with a 16-2-6 record. In addition, the club scored a league-record 50 goals, allowed a league-best 20, and delivered an NWSL record 16-match unbeaten streak.

"We are extremely happy to bring Naho back to Seattle," said general manager and coach Laura Harvey. "She was a huge influence on our group when she was a Reign player before and having someone of her quality and experience back with this team is really exciting."

Naho scored nine goals in the 2014 campaign, the fifth most in the league. She also tallied five assists and was selected to the NWSL Best XI for her efforts. Upon the completion of her loan at the end of the 2014 NWSL season, she returned to INAC Kobe Leonessa.

With the exception of her loan to Reign FC, Naho has



RETURNING TO THE REIGN. Nahomi "Naho" Kawasumi of Japan defends an opposing player from Cameroon at a match at BC Place stadium in Vancouver, British Columbia, Canada, during the 2015 Women's World Cup. Naho has returned to the Seattle Reign FC of the National Women's Soccer League after spending the 2015 and part of the 2016 seasons playing for INAC Kobe Leonessa, who loaned Kawasumi to Seattle in 2014. (AR Photo/Jan Landis)

played professionally for INAC Kobe Leonessa of the Nadeshiko League in Japan since 2008. In 2013, she was named the Nadeshiko League MVP, was the league's second-leading scorer behind Reign FC's Beverly Yanez, and was on the league's Best XI roster from 2010 to 2013.

She scored a combined 46 goals for INAC from 2009 to 2012, tying for the league lead in scoring with 12 goals in 2011. The forward helped lead INAC to three consecutive Nadeshiko league titles between 2011 and 2013.

Naho's international career is highlighted by a Fédération Internationale de Football Association Women's World Cup (WWC) gold medal in 2011 and an Olympic silver medal in 2012. She netted a brace in Team Japan's 3-1 win against Sweden during the 2011 tournament and helped her squad take home the trophy in 2011 in Japan's 3-1 penalty shootout win over the U.S. Women's National Team.

Naho also scored the

opening goal against Canada in a 2-0 win during the 2012 Summer Olympics.

On July 2, in her first match back with the Reign, Naho scored two goals — in the 15th and 62nd minutes — assisted by Manon Melis and Keelin Winters, respectively.

Naho is the second mid-season signing by Reign FC this year, after fellow national team member Rumi Utsugi joined the club in June. Utsugi will train with the squad this week and be available for the match against the Western New York Flash on Saturday, July 9 at 4:00pm.

Seattle visits Portland's Providence Park to play the Portland Thorns on Saturday, July 30 at 7:30pm. Thorns FC play the Reign again in an away match at Memorial Stadium on Saturday, August 27 at 2:00pm.

To buy tickets in Portland, call (503) 553-5555 or visit <www.portlandthornsfc.com>. To obtain tickets to matches in Seattle, call 1-855-734-4632 or visit <www.reignfc.com>.

Jeremy Lin tweets that he's heading to the Brooklyn Nets

By Brian Mahoney
The Associated Press

NEW YORK — Jeremy Lin is heading back to the city where "Linsanity" was born.

Lin has agreed to a three-year, \$36-million contract with the Brooklyn Nets, a person with knowledge of the details told The Associated Press.

Lin tweeted earlier that he was headed to Brooklyn, posting a photo of himself dribbling the ball in a Nets uniform in front of the team's logo and writing: "The journey continues ... thankful for the next chapter!! #Godisgood."

The person confirmed the details of the contract on condition of anonymity because the deal cannot be signed until July 7.

Lin's breakout in the NBA came in New York — with the Knicks — during the 2011-2012 season. The undrafted point guard from Harvard came off the bench to spark the Knicks to a victory over the then-New Jersey Nets and scored at least 20 points nine times in a 10-game span as Linsanity briefly became the biggest story in basketball.

The NBA's first American-born player of Chinese or Taiwanese descent appeared on the cover of *Sports Illustrated* in consecutive weeks and carried New York into the playoff race before a knee injury ended his season.

He reunites with new Nets coach Kenny Atkinson, who was a Knicks assistant under Mike D'Antoni and later Mike Woodson in Lin's lone season in New York.

Lin left after that season for Houston and later played for the Los Angeles Lakers before having a solid season in Charlotte as the backup to Kemba Walker. He averaged 11.7 points in helping the Hornets reach the playoffs, where they lost to Miami in seven games in the first round.

The Nets had been in need of a point guard since buying out Deron Williams last summer. Jarrett Jack was the starter last season until tearing his ACL in January; the Nets waived him in late June to save themselves all but \$500,000 of what would have been a \$6.3-million contract for next season if Jack remained on the roster.

AP Sports writer Steve Reed in Charlotte, North Carolina, contributed to this report.

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